

Timeless Transformations

Daily Inspirations – June 2017

(Daily Inspiration) In every instance in the goings on about our day, we have an opportunity to choose our response to any given situation. There is this little alarm that goes off. We can opt to react or we can pause, take a deep breath and ask our inner wisdom, “What is the best way for me to respond in this situation?” Choose to be guided from that place. Practice responding rather than reacting today.

(Daily Inspiration) No one can decide what the meaning of life is for each of us. It is whatever we decide it to be. There isn't a master plan other than the one we choose. In every choice, we can be open to change and refinement. Every choice becomes the basis for every other choice we make thereafter. Build your own meaning of life on a moment to moment basis and bring peace and happiness today.

(Daily Inspiration) Our past is a memory recorded in our thoughts. If we can change our thoughts about where we are in the present, we can better understand our past and create a new reality. We can only understand our lives backwards but we must live it forwards. Free your energy of the past so you can focus on your desired vision and purpose today.

(Daily Inspiration) It's easy to get caught in the trap of feeling like we must live our purpose in a future state. It feels so urgent, we rush and exhaust ourselves. We create undue stress. With a clear purpose, there isn't a rush. There's no reason to hurry to our destination. It's not a journey from point A to B. Be in the flow of life and know it doesn't have an end today.

(Daily Inspiration) It's not what we do once in a while, it's what we do day in and day out that makes the greatest difference. We tend to give too much thought to what we do sometimes rather than what we do every day. The small things we do every day builds into habits that result in long-term outcomes. Life-changing behaviors over time is our greatest advantage. Exercise the consistency of discipline today.

(Daily Inspiration) Memories can bring our greatest misery or our greatest joy. When we spend time remembering the past and focus on the mistakes we've made, it weighs us down. Or, we can choose to remember the past and focus on our personal growth. It's our choice. We can learn from the positive and eliminate the negative. “Memory itself is an internal rumor.” Spend less time being confined by your past and spend more time looking forward to a greater future today.

(Daily Inspiration) Living on point is to listen to what everyone says around you. Accept only what is good and what aligns with your values. Reject everything else. Talk less to save your brainpower. Allow the silence in the gap be the space between your thoughts that energizes you today.

(Daily Inspiration) Success means different things to each of us. To create success, we first must be clear about what success means to us personally. When we are clear, that clarity inspires excitement and momentum. Once the momentum starts rolling, a path for success is set forth. Let your internal vision of your success be an external reality today!

(Daily Inspiration) Who we follow is one aspect that determines the direction of our lives. If who we follow isn't moving forward then we may not be moving forward. If who we follow isn't moving in the same direction that we envision as our destiny, then we may consider if their advice is worthwhile. One simple rule of thumb is to be leery of taking advice from anyone that we wouldn't want to trade places with. Turn towards those that walk the walk in the direction of your destiny today.

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(Daily Inspiration) When we take a different approach than everyone else no matter what it is, it makes us stand out. It mixes things up. It keeps things fresh. It keeps everyone guessing. It attracts attention. If it's popular, it's ordinary. To be in the front of the crowd, "when everyone else zigs is the time when you zag." Have faith in yourself and create your own rules today.

(Daily Inspiration) The #1 reason people never reach their true potential: they are unwilling to pay the price of success. They don't dedicate the time each day to developing themselves into the person they want to be. Opportunities are everywhere. If we don't find them, someone else will. Invest time in yourself and accelerate your growth so you reach your full potential today.

(Daily Inspiration) Our degree of fulfillment is best measured by how much value we add to other's lives. We can have everything we want if we help enough people get what they want. We add value by helping others achieve their goals and dreams. The more people we help, the more we get back in return: more money, more opportunities, and more influence. Focus on giving more rather than getting more today.

(Daily Inspiration) When we give of our time, wisdom, compassion, love, skills, knowledge, and wealth - the world is a better place. When we give unselfishly without the expectation of reciprocation, we radiate positive energy. The universe works on our behalf in some magical way. Let the inner joy that you receive from giving gifts be your reward today.

(Daily Inspiration) Authenticity is when what we say, what we do, and how we behave are in perfect alignment. Self-sabotage is when we consistently behave in ways that contradict our actions and goals. The wider the gap between these two undermines the feelings of trust that we have in our own abilities and efforts. Narrow your gap to be authentic and self-reliant today!

(Daily Inspiration) If we woke up this morning it's a blessing because waking up tomorrow isn't promised. It's nice to think that tomorrow will be a new day but again tomorrow isn't promised. If we wait for all of our tomorrows all we have left is a bunch of empty yesterdays. Life is fragile. Feel the gratitude of the day just because you were able to rise today.